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DRY BEANS

a good choice for the thrifty family



The best buy in the
MEAT GROUP

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Give us Energy
Help build Muscle
Blood



USE COOKED BEANS:



Alone



In Soups



With Meats



In Salads

Cooking Dry Beans

2 cups dry kidney, pinto or pea (navy) beans	6 cups water 2 teaspoons salt
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Wash beans. Put beans into water and boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Add salt and boil gently for 1½ to 2 hours or until tender. Add more water if needed. Makes 5 cups cooked beans.

NOTE: Add ¼ teaspoon baking soda to shorten cooking time.

Bean Patties

2 cups cooked dry beans	Fine dry bread crumbs
1 egg	Fat or oil for frying

Mash beans. Beat egg and add to mashed beans. Shape into patties and roll in crumbs. Fry in fat until brown on both sides. Makes 4 servings.

Bean Soup

1 cup dry beans	Ham bone
6 cups water	1 onion
1 teaspoon salt	

Wash beans. Put beans into water and boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Add salt and ham bone. Cover and cook over low heat for 2 hours. Chop onion, add to soup and cook until beans are soft, about 30 minutes. Remove bone before serving soup. Makes 4 servings.

Baked Beans

2 cups dry pea (navy) beans	½ small onion
7 cups water	¼ cup brown sugar
¼ pound salt pork	1 teaspoon mustard
1½ teaspoons salt	½ cup molasses

Wash beans. Put beans into water and boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Cut salt pork into pieces and add to beans. Add salt and cook slowly 1 hour. Chop onion and mix with brown sugar, mustard and molasses. Stir into beans. Put beans in baking pan. Add enough hot water to cover beans. Cover pan and bake at 350° F (moderate oven) 1½ to 2 hours. Makes 6 servings.